



REGENERATE

ACTIVE ELDERLY PROGRAMME

THE PROGRAMME...

Physical, mental, and social activities are significant to one's wellbeing; which therefore has a positive effect on physical and psychological health, quality of life, and contributes to social inclusion.

Decades of research reports claim that care home residents spend a lot of their time inactive due to barriers including care settings being understaffed and needing a helping hand to deliver activities.

As a result of this acknowledgment, we as a Foundation were determined to create a programme allowing us to deliver a range of activities and share a little happiness to care home residents and their staff too, with, no cost to homes.

With gratitude to Sports England and The National Lottery Community Fund, the Regenerate Project was born.



We have been lucky enough to have been granted the opportunity to deliver a 24 week program of free activities to 4 care homes across Warwickshire; Harper Fields, The Lodge at Caldwell Grange, The Grange at Caldwell Grange and Drayton Court.

At our midpoint in the programme, a range of fun and unique physical, stimulant and social activities have been conducted to an average of 65 residents per week. Activities range from baking, music bingo, carnival and pub games, new and exciting sports such as kurling and active quizzes and treasure hunts. We also delivered special activities themed for Cheltenham, International Women's Day, Easter and The King's Coronation!

The current programme will run until September, and prior to that we will seek to extend funding for a new block!

IMPACT IN NUMBERS...

4 Care Homes

8 Hours per Week

24 Week Programme

65 Attendees per Week

22 Different Activities Delivered

3 Activity Strategies

96 Hours Delivered

559 Attendances Registered

Countless laughs & smiles...

